

# MIDLANDS ISA CROSS COUNTRY CHAMPIONSHIPS 2018



**Wednesday 31st January 2018**

**Bedstone College, Bedstone, Bucknell, Shropshire, SY7 0BG**

**Course open for inspection from 11.00am**

**First race U10 Girls**

**Presentations 3.45pm approximately**



**BEDSTONE**

[www.bedstone.org](http://www.bedstone.org)

## INFORMATION SHEET FOR TEAM MANAGERS

Team Managers should collect their envelopes on arrival. These will contain course maps, food vouchers and team envelopes for collection of place tickets which will be issued to each runner as they finish. Team envelopes must be handed in as soon as possible after each race; this will, hopefully, give the scorers enough time to collate the results.

Please ensure that each team has no more than ten runners for each age group; the first 6 runners in your team will count towards your final score. Please ensure that your runners **DO NOT** run with iPods/MP3 players.

The senior race teams may have up to 8 runners in each team with the first 4 runners counting towards your final score.

There will be medals for the first 3 runners in each event, a team trophy for the winning team and certificates for the second and third teams in each age group.

<b>COURSE</b>	<b>AGE</b>	<b>SEX</b>	<b>START TIME</b>	<b>DISTANCE</b>
A	U10	G	12.30 hrs	1500M
A	U10	B	12.45 hrs	1500M
A	U12	G	13:00 hrs	1800M
A	U12	B	13:20 hrs	1800M
B	U14	G	13:40 hrs	2400M
B	U14	B	13:55 hrs	2400M
C	U16	G	14:10 hrs	3700M
D	U16	B	14:25 hrs	4800M
C	U18	G	14:40 hrs	3700M
E	U18	B	14:55 hrs	6000M

The date of birth for the various age groups is as follows (dates of birth are taken at the END of the school year):-

<b>AGE GROUPS</b>	<b>DATE OF BIRTH</b>	<b>YEAR GROUP</b>
Under 10	After 31/08/2007	Yrs 3 & 4
Under 12	After 31/08/2005	Yrs 5 & 6
Under 14	After 31/08/2003	Yrs 7 & 8
Under 16	After 31/08/2001	Yrs 9 & 10
Under 18	After 31/08/1999	Yrs 11, 12 & 13

Refreshments will be on sale throughout the afternoon on the main quad. A hot chocolate drink and biscuits will be available for all runners on completion of their event. The presentation ceremony will take place inside Rees Hall on the main quad at around 3.45pm. Any schools unable to stay for the presentations will be sent any certificates or medals they should have picked up.

# START ARRANGEMENTS

## FOR U10 AND U12 EVENTS

With over 30 schools entered at U10/U12 Girls and 20 at U10/U12 boys, and with a possible line up of 10 runners per team, we anticipate some 200 athletes on the start line! To reduce the likelihood of accidents we have a pen start this year. Each school will be allocated a starting pen in which athletes must line up in single file in a ranked start. Best runner at the front, weakest runner at the back. Please explain this procedure to your team and make sure they know their line up order.

## COURSE MAP

U12 Runners will pass through checkpoints ABCDEFGHIJ

U14 Runners will pass through checkpoints ABCDEFGHIJ

U16 & Senior Girls will pass through checkpoints ABCDEFGHIABCK

U16 Boys will pass through checkpoints ABCDEFGHI PLUS ABCDEFGHIJ

Senior Boys complete 2 full laps PLUS ABK

## LIST OF OFFICIALS

Organiser	Mr Jamie Simpson
Timekeeper	Mr Arthur Dyball/Jamie Lowe
Starter	Mr Dave Foreman
Starter Marshalls	Miss Sophie Ross /Mr Mark Rozee
Announcer	Mr John Lynch
Place Judges	Miss Johanna Bartley, and Lucy Bullock
Event Referee	Mr Jamie Simpson
Drinks station	Mrs Emma Bryden/Miss Newman
<u>MARSHALLS &amp; CHECKPOINTS</u>	
A	N/A
B	Will Rawlinson
C	Annika Kindermann, Caroline Renkes
D	Miss Nicky Williams
E	Mr Ollie Downing
F	Mr Andrew Whittall
G	Mr Dan Marsh
H	Mr Dave Rawlinson
I	Mr Jason Smith
J	Mr Chris Braden

## **RULES OF THE COMPETITION**

- Up to 10 runners may compete in each age group, with the first 6 to finish counting. NB: In the Senior Races there are only 8 Runners in each team, with the first 4 counting.
- Once inside the finish funnel, runners may not change position.
- Tickets issued to runners by the place judges must be given immediately to Team Managers and placed inside the team results envelope. Lost tickets may result in disqualification.
- It is incumbent upon every runner to know their course. Any runner not completing the course or taking an incorrect route will be disqualified.
- Only Team Managers and runners actually competing in an event are allowed on the course.
- The course must be cleared by 12.50pm with the first event U12 girls starting at 1.00pm.
- Please note that **NO DOGS** are permitted whatsoever on college grounds.
- No iPods/MP3 players are to be worn during any of the races by any of the competitors.

Congratulations to all runners achieving selection to the Midlands Team for the National Championships to be held at Princethorpe College.

We wish you all the very best in the Nationals and would ask that you report to the Midland Team Managers as soon as you arrive at the venue.

The first 10 runners in each group will compete at the Nationals.

# GENERAL

## REFRESHMENTS

Refreshments will be on sale throughout the afternoon on the main quad and a hot chocolate drink and biscuits are available for all runners on completion of their event. Please note that the food tokens for individual runners, contained in Team Manager's envelopes, must be presented in order for any refreshments to be served. Tea and coffee for both parents and staff are available in the Old Hall, situated in the main college building.

## PRESENTATION

The presentation ceremony will take place inside Rees Hall at approximately 3.30pm. For any school unable to stay for the presentation, certificates or medals awarded to your athletes will either be posted on or made available for collection at the Nationals. Please ensure that you return any trophies you hold in time for the presentation.

## TRANSPORT & PARKING

Please notify our transport department ([transport@bedstone.org](mailto:transport@bedstone.org)), **IN ADVANCE** of the type of transport you will be using for travel to Bedstone so that we are able to ensure appropriate parking is available. On arrival, parking attendants will organise the flow of traffic on the main drive and around the campus and direct you to the allocated parking slot. **THERE IS ABSOLUTELY NO PARKING IN BEDSTONE VILLAGE. CAN YOU PLEASE ALERT YOUR PARENTS TO THIS. PLEASE ENSURE THAT YOU AND YOUR GUESTS FOLLOW THE INSTRUCTIONS OF THE PARKING ATTENDANTS.**

For the junior teams in particular, please inform our car park attendants on arrival if you wish to leave early. They will then do their best to ensure you are not blocked in by other vehicles.

## CHANGING ROOMS

Changing room allocation for schools has been organised (if teams can arrive already changed that would help reduce problems of overcrowding). We do ask all runners to remove dirty footwear before entering any building and that all muddy spikes, trainers etc, remain outside or are collected in team bin bags.